## AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings of claims in the application:

## LISTING OF CLAIMS:

## 1-3. (canceled)

4. (currently amended) A self-heating or self-cooling container, particularly for beverages, comprising a first receptacle (2) having a base (4) containing said beverage and inserted in a second receptacle (3) having a base (6), a first compartment (11) formed between the first and the second receptacle and a second compartment (12) formed on the base (6) of the second receptacle (3) and separated from the first compartment (2) by a breakable diaphragm (13), at least a first and a second component of an exothermic or endothermic reaction being arranged separately and respectively in said compartments, characterized in that said first component is arranged in said first compartment (11) annularly about said first receptacle (2), said diaphragm (13) extending, to separate said compartments, substantially against the base (4) of said first receptacle (2), in which there extends in said second compartment (12) a breaking device (14), capable when operated of moving in order to break said breakable diaphragm (13), said breaking device being at least partially deformable when one of said receptacles (2,3) is encountered.

- 5.(previously presented) The container according to claim 4, in which said breaking device comprises at least one blade (14) integral with an inward-flexing base (6) of said second receptacle (3) and extending in said second compartment (12) towards said first receptacle (2).
- 6. (previously presented) The container according to claim 5, in which said at least one blade (14) is deformable by bending.
- 7. (previously presented) The container according to claim 5, in which said breaking device comprises four blades (14) standing upright concentrically from said inward-flexing base (6) towards said diaphragm (13).
- 8. (previously presented) The container according to claim 7, in which, when said base (6) is in an outward-dished position, said blades (14) extend parallel to the axis (X) of said receptacles.
- 9. (previously presented) The container according to claim 8, in which, the inward-flexing base (6) has a radius of about 25 mm and a curvature of about 75 mm, said blades (14) are

positioned on said inward-flexing base at a distance of between 12 mm and 13 mm from the centre of said inward-flexing base.

- 10. (previously presented) The container according claim 5, in which a free end of said at least one blade (14) close to said diaphragm (13) is shaped in a point.
- 11. (previously presented) The container according to claim 10, in which said at least one blade (14) comprises a serrated edge at said free end.
- container, particularly for beverages, comprising a first receptacle (2) having a base (4) containing said beverage and inserted in a second receptacle (3) having a base (6), a first compartment (11) formed between the first and the second receptacle and a second compartment (12) formed on the base (6) of the second receptacle (3) and separated from the first compartment (2) by a breakable diaphragm (13), at least a first and a second component of an exothermic or endothermic reaction being arranged separately and respectively in said compartments, characterized in that said first component is arranged in said first compartment (11) annularly about said first receptacle (2), said diaphragm (13) extending, to separate said compartments, substantially against the base (4) of said first receptacle (2),

in which said first component is in the form of a granular solid and said second component is a liquid.

- 13. (previously presented) The container according to claim 12, in which said first component is selected from the group consisting of anhydrous calcium chloride, calcium chloride, urea and sodium thiosulphate, and said second component is water.
- 14. (currently amended) A method of manufacturing a self-heating or self-cooling container, particularly for beverages, comprising the steps of:
- arranging a first and a second receptacle (2,3) a first receptacle (2) having a base (4) and a second receptacle (3) having a base (6), such that the first receptacle is capable of being inserted into the second receptacle, thus forming a closed chamber (10) between said receptacles,
- arranging between the base (4) of the first receptacle and the base (6) of the second receptacle a breakable diaphragm (13) subdividing said chamber (10) into a first compartment (11) formed between the first and the second receptacle and into a second compartment (12) formed on the base (6) of the second receptacle (3), and
- arranging separately in said compartments (11,12)
  respectively a first and a second component capable of exothermic
  or endothermic reaction when placed in contact with each other,

characterized in that said first component is arranged in said first compartment (12) in an annular position around said first receptacle (2) and said diaphragm (13) is arranged against the base (4) of said first receptacle.

- 15. (previously presented) The method according to claim 14, in which said first component is arranged in said annular position as a result of a rapid rotation of the second receptacle (3) about a main axis (X) of the receptacle, so that the first component is pressed by the effect of the centrifugal force resulting from said rotation against the side casing (7) of the second receptacle, the first receptacle (2) being inserted into the position of connection to the second receptacle (3) during said rotation.
- 16. (previously presented) The method according to claim 15, in which, during the rotation phase, a deflector device (20) is inserted into said second receptacle (3) to assist the positioning of said first component against the side casing (7) of the second receptacle (3).
- 17. (previously presented) The method according to claim 16, in which said deflector device (20) is inserted axially into said second receptacle (3) and is then moved radially towards said side casing (7) up to a distance equal to the

thickness required to arrange said first component in said annular position around said first receptacle (2).

- 18. (previously presented) The method according to claim 16, in which said first component has a grain size of between 1 and 2 mm and said second receptacle is made to rotate at a speed of about 500 rpm.
- 19. (previously presented) The method according to claim 14, in which said first component is arranged in said annular position as a result of the following steps:
- positioning the second receptacle (3) with the mouth upwards and arranging the first component in the first compartment (11),
- -partially inserting the first receptacle (2) into the second receptacle (3) and arranging a seal (30) between said receptacles so as to close to the outside the chamber (10) formed between them,
- simultaneously inverting and positioning said receptacles (2,3) with their respective mouths downwards, in such a way that the first component flows down by gravity around the casing (5) of the first receptacle (2) in said annular position, and

- inserting the first receptacle (2) into the second receptacle (3), while said receptacles are in the position defined in the preceding step.
- 20. (previously presented) The method according to claim 19, in which said seal (30) is placed against said receptacles so that it abuts against the edge of the mouth of the first receptacle (2) and is adjacent to the second receptacle (3) in continuation of the casing (7) of that receptacle.
- 21. (previously presented) The method according to claim 20, in which said seal (30) is produced from elastic material and is compressed during said phase of insertion of the first receptacle into the second receptacle.